

USPF West Coast Benchpress and Deadlift
June 10, 2006

Record	Place	NAME	WT Class	Bdy Wght	Age	Best Bench	Best Deadlift	Total lb
		West Coast Benchpress						
		Women						
		13-15 Junior Women						
	1	Trisha Layman	97	95.40	10	66.14		66.14
		18-19 Junior Women						
SR	1	Shannon Wheeler	148	144.00	19	77.16		77.16
		Open Women						
	1	Monica Sparango-BL	148	140.80	43	214.95		214.95
		Master Women 40-49						
SR/AR	1	Monica Sparango	148	140.80	43	214.95		214.95
		13-15 Junior Men (formula)						
SR	1	Kenny Wilson	220	215.00	15	264.55		264.55
	2	Clay Craft	181	171.80	15	225.97		225.97
SR	3	Chaz Schrader	148	148.60	15	187.39		187.39
SR	4	Tyler Schrader	123	119.00	15	126.76		126.76
		16-17 Junior Men (formula)						
SR/AR	1	David Rocha	132	129.80	17	242.51		242.51
SR	2	Tom Adams	165	153.00	17	270.06		270.06
	3	Austin Sneed	220	213.60	17	264.55		264.55
	4	Jeff Belanger	220	200.00	17	236.99		236.99
		18-19 Junior Men (formula)						
SR	1	Chase Collins-BL	275	265.20	19	496.04		496.04
	2	Nick Cambero	165	164.20	18	209.44		209.44
		20-23 Junior Men (formula)						
AR	1	Nathan Wright	308	306.80	20	496.04		496.04
SR	2	O'neil Roussell	308+	363.80	20	402.34		402.34
	3	David Olea	275	253.60	23	385.81		385.81
	4	Bryan Wheeler	198	187.60	23	319.67		319.67
		132 Open Men						
	1	David Rocha	132	129.80	17	242.51		242.51
		148 Open Men						
	1	Vince Tanabe	148	146.00	43	259.04		259.04
		165 Open Men						
	1	Dick Davis	165	157.40	24	308.64		308.64

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		181 Open Men						
	1	Omar Ochoa	181	180.40	35	440.92		440.92
	2	Robert Ordonez	181	177.20	32	385.81		385.81
	3	Leon Sparango	181	174.40	33	347.22		347.22
	4	Brett Jones	181	180.20	34	303.13		303.13
		198 Open Men						
	1	Ralph Ridenour	198	198.20	30	413.36		413.36
		220 Open Men						
	1	Mike Tronske	220	215.40	42	429.90		429.90
	2	Ace Hudson	220	211.80	26	330.69		330.69
	3	Dan Johnson	220	216.00	42	270.06		270.06
		242 Open Men						
	1	Ron Garcia	242	241.00	43	402.34		402.34
	2	Joe Dentice	242	241.80	47	385.81		385.81
	3	Stephen Favarger	242	241.80	39	275.58		275.58
		308 Open Men						
	1	Steve Denison-BL	308	276.00	44	600.75		600.75
	2	David Marr	308	296.20	39	584.22		584.22
		Master Men 40-49 (formula)						
SR/AR	1	Steve Denison-BL	308	276.00	44	600.75		600.75
	2	Joe Dentice	242	241.80	47	385.81		385.81
	3	Ron Garcia	242	241.00	43	402.34		402.34
	4	Doug Hester	275	273.60	43	407.85		407.85
	5	Michael Brown	220	205.20	45	292.11		292.11
		Master 50-59 (formula)						
SR/AR	1	Steven Brown	308	282.40	52	490.52		490.52
								4th-501
	2	Bob Evans	242	230.20	59	402.34		402.34
		Master 60-69 (formula)						
	1	Steve Bloom	198	194.20	64	286.60		286.60
	DQ	Danny Herrera	275	266.60	68			

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		West Coast Deadlift						
		Women						
		13-15 Junior Women						
	1	Trisha Layman	97	95.40	10		99.21	99.21
		18-19 Junior Women						
SR/AR	1	Shannon Wheeler	148	144.00	19		170.86	170.86
		Open Women						
	1	Monica Sparango-BL	148	140.80	43		319.67	319.67
	2	Monica Silva	148	144.00	42		314.16	314.16
		Master Women 40-49						
SR/AR	1	Monica Sparango	148	140.80	43		319.67	319.67
	2	Monica Silva	148	144.00	42		314.16	314.16
		13-15 Junior Men						
	1	Chaz Schrader	148	148.60	15		319.67	319.67
		16-17 Junior Men (formula)						
SR/AR	1	Austin Sneed-BL	220	213.60	17		578.71	578.71
	2	Miguel Hernandez	198	187.40	17		451.94	451.94
	3	Tom Adams	165	153.00	17		314.16	314.16
		18-19 Junior Men						
	1	Nick Cambero	165	164.20	18		358.25	358.25
		20-23 Junior Men (formula)						
	1	Nathan Wright	308	306.80	20		584.22	584.22
	2	Bryan Wheeler	198	187.60	23		413.36	413.36
		148 Open Men						
	1	Vince Tanabe	148	146.00	43		462.97	462.97
		181 Open Men						
	1	Brett Jones	181	180.20	34		523.59	523.59
	2	Leon Sparango	181	174.40	33		451.94	451.94
		198 Open Men						
	DQ	Pavel Tsatsouline	198	189.80	36		-479.00	O

		220 Open Men						
	1	Larry Russell	220	216.40	59		639.33	639.33
	2	David Foster	220	207.40	37		551.15	551.15
	3	Mike Tronske	220	215.40	42		534.62	534.62
	4	Ace Hudson	220	211.80	26		485.01	485.01
	5	Dan Johnson	220	216.00	42		440.92	440.92
		242 Open Men						
	1	Lord Elliott	242	230.00	30		584.22	584.22
	2	Joe Dentice	242	241.80	47		529.10	529.10
	3	Stephen Favarger	242	241.80	39		479.50	479.50
		275 Open Men						
	1	Steve Belanger	275	254.40	49		473.99	473.99
	2	Doug Shepard	275	258.00	36		418.87	418.87
		308 Open Men						
	1	Steve Denison-BL	308	276.00	44		694.45	694.45
	2	John Rose	308	280.80	40		551.15	551.15
		Master Men 40-49 (formula)						
SR/AR	1	Steve Denison	308	276.00	44		694.45	694.45
	2	Joe Dentice	242	241.80	47		529.10	529.10
	3	John Rose	308	280.80	40		551.15	551.15
	4	Michael Brown	220	205.20	45		418.87	418.87
		Master 50-59 (formula)						
AR	1	Larry Russell	220	216.40	59		639.33	639.33
	2	Steven Brown	308	282.40	52		600.75	600.75
		Master 60-69						
	1	Steve Bloom	198	194.20	64		303.13	303.13
		Master 70-79						
	1	Roger Hill-BL	165	152.40	72		424.39	424.39
		SR=State Record, AR=American Record, BL=Best Lifter						

		Steve Denison, meet director			
		Thanks for all of our Valuable help			
		Gordon Santee, International referee			
		Victor Elliott, National referee			
		Ken Wheeler, National referee			
		Lisa Wheeler, National referee			
		Scott Layman, National referee			
		Jack Hughes, International referee			
		Jim Merlino, National referee			
		Dave Foster, State referee			
		Kevin Meskew, National referee, awards			
		Steve Denison, National referee, computer scoring			
		Chuck LaMantia, announcer, scorekeeper			
		Spotter Loaders:			
		Barrett Marum			
		Brian Duell			
		Venice Beach Staff			
		State Single Lift Bench Records set:			
		Shannon Wheeler, 148 Junior Women 18-19, 77 lb bench			
		Monica Sparango, 148 Master Women 40-44, 214 bench			
		Kenny Wilson, 220 Junior 13-15, 264 bench			
		Chaz Schrader, 148 Junior 13-15, 187 bench			
		Tyler Schrader, 123 Junior 13-15, 126 bench			
		David Rocha, 132 Junior 16-17, 242 bench			
		Tom Adams, 165 Junior 16-17, 270 bench			
		Chase Collins, 275 Junior 18-19, 496 bench			
		O'neil Roussell, 308+ Junior 20-23, 402 bench			
		Steve Denison, 308 Master 40-44, 600 bench			
		Steven Brown, 308 Master 50-54, 501 bench			
		State Single lift Deadlift Records set:			
		Shannon Wheeler, 148 Junior Women 18-19, 170 deadlift			
		Monica Sparango, 148 Master Women 40-44, 319 deadlift			
		Austin Sneed, 220 Junior 16-17, 578 deadlift			
		Steve Denison, 308 Master 40-44, 694 deadlift			
		American Single Lift Bench Records set:			
		Monica Sparango, 148 Master Women 40-44, 214 bench			
		David Rocha, 132 Junior 16-17, 242 bench			
		Nathan Wright, 308 Junior 20-23, 496 bench			
		Steve Denison, 308 Master 40-44, 600 bench			
		Steven Brown, 308 Master 50-54, 501 bench			
		American Single Lift Deadlift Records set:			
		Shannon Wheeler, 148 Junior Women 18-19, 170 deadlift			
		Monica Sparango, 148 Master Women 40-44, 319 deadlift			
		Austin Sneed, 220 Junior 16-17, 578 deadlift			
		Steve Denison, 308 Master 40-44, 694 deadlift			
		Larry Russell, 220 Master 55-59, 639 deadlift			